

**Registration Opens
February 10**



**Class Dates
March 24 - May 17**

SPRING 2014 Specialty Group Fitness

Aqua Bootcamp

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

Tuesdays at 9:00 a.m. with Monica
Cost: Members \$80 Non- Member \$96

Have you
tried this?

TRX Pilates Combo

TRX Pilates Combo. This Class will condition and strengthen muscles uniformly, promote balanced musculature and core control and increase agility by combining TRX and Pilates training. Instructor Cindy Griffin will lead students in this low impact form of exercising which will help students enjoy sports and daily activities with greater ease!

Thursdays at 6:30 pm with Cindy
Cost: Members \$80 Non- Member \$96

TRX Suspension Training

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

Tuesdays at 9:00 am with Beth C.
Wednesdays at 6:30 pm with Monica
Thursdays at 9:30 am with Beth C.
Friday at 5:30 am with Beth H.
Cost: Members \$80 Non- Member \$96

Breathe, Relax and Meditate

Learn to activate the body's natural relaxation responses by practicing deep breathing, meditation and specific rhythmic exercises and poses. Lavender aromatherapy at the end of class will deepen the calm.

Mondays at 12:30 - 2:00 pm with Monica
Cost: Members \$120 Non- Member \$144

Flow Yoga in the Water

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, in the water!

Tuesdays at 7:30 p.m. with Monica
Thursdays at 9:00 a.m. with Monica
Cost: Members \$80 Non- Member \$96

Vinyasa Yoga

This class consists of flow asanas (poses) followed by relaxation. It is structured to accommodate a variety of participants and can be as challenging as each participant desires. The class will also focus on meditation and relaxation. Lavender oil will be part of the relaxation experience at the end of the class.

Saturdays at 11:00 am - 12:30 pm
Cost: Members \$120 Non- Member \$144

Let's Take it Outside!

Outdoor Fit Pit/TRX Circuit

Take your training to the next level by combining TRX core training with training stations and cardio exercises in an outdoor environment. This is the opportunity you have been waiting for! Check out the WARF's "Fitness Pit" and experience all the advantages of interval training in an exciting and fun environment!

Saturdays at 8:45 am Monica
Cost: Members \$80 Non- Member \$96



NEW

Fit Pit Kids (Ages 8-12)

Get your kids moving in a fun, safe and somewhat familiar environment! Disguised as playing outside, young participants will work their cores and enhance cardiovascular strength while working in training stations.

Wednesdays at 5:30 pm Beth H.
Cost: Members \$80 Non- Member \$96



WARF Running Program

Participants will meet once per week for a duration of 75 minutes in preparation for a Spring race. During the first class, each participant will receive an 8-week workout plan that will have 3-4 run workouts per week. Participants will work on running technique drills, interval training and paced runs with others of similar abilities.

Class includes a free registration for the 3rd Annual **Bodies in Motion 5K & 10K** race compliments of Blue Ridge Orthopaedic Foundation (a \$25 value). The race will be held on Sunday, May 18 at the WARF.

Dates March 24 - May 12
Monday 6:30 pm or Thursday 9:30 am
Cost \$72 Member
\$84 Non-Member

